

10 Steps to a Healthier Meeting

Establishing a worksite environment that supports access to healthier foods, beverages, and physical activity encourages healthier lifestyles among employees. Make the next meeting a healthy meeting by following these steps:

1. Offer a variety of fresh fruits and vegetables
2. Offer whole grain products
3. Offer right-sized portions
4. Offer foods with healthy fats
5. Offer foods that are reduced or low in sodium
6. Offer healthy condiments on the side
7. Offer nutrient – dense snacks and foods
8. Limit sweets in meetings and common areas
9. Offer water and low – calorie drinks
10. Encourage employees to stand or move during meetings

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